XERGAMES™

Interactive Fitness, Dance, and Sports Training Solutions

Sportwall XerPro and XerTrainer

Getting to Know Your XerPro/XerTrainer
&
Trouble Shooting Tips for Trainers and Instructors

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Getting to Know Your XerPro/XerTrainer
and Trouble Shooting Tips for Trainers and Instructors

Welcome from Management

Welcome to our team of certified trainers for the XerTrainer and XerPro. We trust that you will find this opportunity calls to the best of you as you make contact with participants in your facility that could benefit from our programs. Our products were created to engage people in the joy and fun of exercise while delivering a high-level brain and body workout in a game format. If we do that well, then we are fulfilling on our goal of encouraging all people, especially at-risk people, to be active. This could literally change the world and make it a better place for millions of individuals.

It is your job to make sure everyone has a wonderful experience playing on the equipment. Start by making sure you have a good experience every time you step out to do training. Remember, the most important aspect of your job is to have fun and make sure everyone has fun.

It is also important to understand what you want to achieve for from your system. The programming is everything and its diversity allows for training of anyone from toddlers to seniors and performance athletes. It all depends on the programming you use so be wise on which manuals you use. There are 43 manuals, each geared to deliver specific training for specific needs to make your classes run smoothly and achieve maximum results.

There are also companion that can help you to understand how to get more out of your classes. They are downloadable off our web site free so do use them to support yourself in understanding the Science of what we do:

- The Science Behind of Sportwall Brain and Body Training

- The Science Supporting Sportwall Brain/Body Training for Seniors

- The Science Supporting Sportwall Brain/Body Training for Sensory Processing Disorders

- The Science Supporting Sportwall Brain/Body Training for Combating Childhood Obesity

- Sportwall and NASPE: How Sportwall Programs for PE Meet & Exceed NASPE Standards

- Sportwall Technical Service Manual for the XerPro

- Sportwall Technical Service Manual for the XerTrainer

Remember, people learn 85% by actually doing and engaging their bodies so focus on action more than talking. Make it fun. Involve your class quickly with competing against themselves, others, other teams and also against the previous group score by adding all the scores together. Remember, it is not always a race. The system will naturally encourage control, accuracy, timing, and focus over speed and power. We are encouraging players to be more present (coming into the NOW) so this means slowing down for a great majority of players.

Keep it light and demonstrate the various kinds of competition in a way that develops camaraderie and connection. There are enough short games to give everyone a turn to experience winning and losing so long as you ensure diversity on the teams. This is as important as the actual physical exercise they get.

Once again, thanks for joining our team of trainers and we trust this is the start of a long and enjoyable time together. We encourage you to share your ideas for new drills with each other on our Facebook page.

Cathi Lamberti, Founder and CEO

Chapter 1

Technical Management of the System

Technical Troubleshooting - Learning the Basics

You system has been in customer facilities for going on a decade with thousands of installations we have had the opportunity to ensure they are stable and are capable of dealing with being beaten up all day.

However, electronics do sometimes fail due to vibration or from heavy use. This can happen in the first few weeks after installation if they have been subjected to rough treatment in transit to your facility. In order to ensure your system operates with as little down-time as possible, it is very important that you learn how to conduct some basic trouble shooting tasks in conjunction with our phone based technical service staff. This is easy to do and saves the time involved with waiting for a technical service visit.

In all cases when you run into a malfunction on your system, we highly recommend you set a time with our technical service department to be on a cell phone in front of the system. This way you can be guided through the process of running diagnostics and ascertaining the problem and fixing the system. Very often it involves changes to the user-settings or switching out a target, display board or the systems CPU, all easy to do if you are patient and focused as you work with our technical staff. It also helps if you can exchange a photograph or film with your service person. This will help tremendously to speed up the repair process.

As part of our Terms and Conditions every customer must identify a designated technical point person for in-house technical support and troubleshooting who will be trained at the time of installation to do this. If this did not happen, do not worry, it is still easy to do. This is an important part of ensuring minimal downtime at your site for years to come. When choosing your designated technical point person it helps if they can be available during business hours, have some technical background and be able to communicate via cell phone with ETI support staff while in front of the system.

At the training, our installers/trainers will review the technical manual of each product installed to discuss the common service issues i.e. volume, auto start, frozen panels, controller issues, remote not working, etc.

>   For XerTrainer, XerPlay and XerPro:

- Show how to change a target and display board.
- Open the CPU/RDB (Remote Display Box) and point out the areas to reset the remote control and where to plug in the stations.

Please refer to the appropriate technical manuals and make sure you are comfortable with executing these tasks. If you follow the instructions, you will find this very easy to do. **If you need an electronic copy sent to you please call or contact:**

Exercise Technology Inc

800-900-8542

TechnicalService@XerGames.com

Chapter 2

Product Training —XerTrainer and XerPro

1. Manuals

There are over 43 user manuals and boot camps available for XerGames products. Each is designed to run classes geared for different needs such as fitness, sports training and boot camps, and lesson components for creating lesson plans. School manuals should be used for PE, adapted PE, athletics and after-school programs. Fitness manuals are used with health clubs, performance facilities, YMCA's, youth recreation centers, senior centers, and parks and recreation organizations. Each manual has extensive programming and operational information for the Trainer. Clinical training manuals are available for physical therapy and occupational therapy facilities.

The manuals have indexes that list games that have been created. With a little practice, you will find it easy to source programming and very quickly will find you are able to design you own.

2. Checklist to ensure you have everything you need before your class:

a. Have a copy of your lesson plan or the drills from the manuals/boot camps you plan to teach.

b. Ensure the Individual Workout posters near XerTrainer/XerPro are accessible to participants who may wish to train alone. They should be posted on the wall alongside the system.

c. Ensure there are sufficient pumped balls of each type and gather enough noodles and beanbags for each station.

d. Ensure supplemental equipment ie: Bosu balls, 2-lb medicine balls, speed ladders, Swedish balls, cones, anything that is available at the facility that you may use in your class.

e. Ensure you have at least one remote control for each system and confirm that they work correctly. Reset if needed.

f. Before each class confirm system functions properly. Use game 4-1 to check each target and 4-5 to check each below-the-line sensor.

g. Clean panels with Windex and a soft cloth after each day.

3. Tips for your first class - Introduction to Sportwall XerPro and XerTrainer

If you are waiting for others to arrive, encourage those present to get INTO ACTION while you wait. Play game 1-1 with a playground ball. When all are present make a short introduction pointing out the following:

• The score area and clock.

• The numbers, shapes, and colors on the stations that are used to in drills designed to develop focus and concentration

• The stations are filled with sand to ensure a quiet, yet deep and natural re-bound.

• XerPro and XerTrainer are made from recycled ABS plastic and are extremely durable. Please refer to the user manuals to make sure you are using the correct equipment to prevent

damaging the electronics.

- Remote game control box and how it is the same as using the hand held remote control (when it is set to instructor mode). The XerPro has these buttons on the CPU.

- How to use the remote control if you plan to let participants use it.

- The laminated ring cards are pages taken directly from the manual.

- How to turn the system on and off and demonstrate how the system goes through a boot process each time you turn it on, requiring that no one strike the stations until it reads "FUN FUN FUN" . Demonstrate the error message that will occur when the stations are touched during the boot up process. When this happens they just turn the system off then back on until it reads FUN.

4. Modes of Play

There are 5 different modes of play:

Individual: First player plays the entire game to time completion. Next player in line begins a new game with a new time.

Partners: Two players partner up and play the game together, to time completion. Next pair of players steps up to start new game with a new time.

Team: First player plays a turn, retrieves her own ball, and returns to the start line and hands/passes the ball to the next player in line.

Around-the-World: First player plays a turn and peels off to the end of the line. The next player in line plays off of the first players throw and peels off to the end of the line.

All stations Around-the-World: Entire class starts with an activity at start point in front of station 1. The first person completes task at station 1 and goes to station 2. While 2nd person is doing task at station 1, first person completes task at station 2 and moves to station 3 then 4. The rest of the class follows until all players arrive in front of station 1.

5. Lesson Format

For Group or Individual Training there is a lesson format that will include different levels of fitness.

Warm-up

Warm-up should run for 5 minutes within a 50 minute program. The main objective of the warm-up is to loosen the muscles and prepare the participants for some fast-paced movement. A good warm-up will prepare the individual for instruction, reduce the chance of injury, and set a FUN mood for Training.

Skill

The Skill Development section should run for about 10 minutes within a 50 minute program. The main focus here is the connection between the brain and body. Skill development transfers over into the successful completion of life's every day activities. Categories include speed, agility, balance, hand-eye coordination, and reaction time.

Cardio

The Cardio Respiratory Endurance section should run for about 15 minutes within a 50 minute program. The main focus is cardio endurance, stamina, and calorie expenditure.

Core

The Core section should run for about 5 minutes within a 50 minute program. The main focus is on strengthening the torso with sit-ups, overhead passes, etc.

Speed and Agility

The Speed and Agility section should run for about 10 minutes within a 50 minute program. The main focus is hand-eye speed, navigating agility ladders or dots with hopping, side steps, and bending.

Cool-Down

The cool-down should last 5 to 10 minutes within a 50 minute program. This allows the participants to bring their heartbeat nearer to resting level.

Show the group the lesson plans in the instructor manual and explain they are already complete and all they have to do is set up the system as described. Once they are familiar with the system and ready to make their own plans have them use the templates in the manual and the index to come up with their own lesson plans. Encourage the participants to come up with their own games as well to use.

6. Group Training on the XerTrainer or XerPro in Training Station Mode

XerPro and XerTrainer can be used in a fitness class for up to 8 players per station. It is preferable to match groups of similar ages in the same class. Players exercise in teams, one for each training station available.

There are 4 different Training Station games and each one has many levels:

> • Game 1 - RallyWall
>
> • Game 2 - PlayTune
>
> • Game 3 - Chase the Target
>
> • Game 4 - Knock the Lights Out

The following are some examples of games to show for a group training class format for classes involving players with a reasonable level of physical competence. Please refer to user manuals for small children, Sensory Processing Disorders (SPD), and seniors as these drills may fall outside of their competence levels.

Warm-up, Cardio, Core, Skill, Agility & Cool-Down Games

> **1-1**   **Warm-up** - RallyWall. Explain that system can be set to play to a large target area to fairly precise target areas. This allows for different levels of accuracy depending on how far players are standing from the system such as for very easy play for the younger beginners up to very difficult for the older experienced learners. Also, it allows for games played at a distance such as baseball and tennis to initially play to a larger area on the system. Game 1-1 uses the whole board and is the simplest of all settings. Use a playground ball and play a relay with each person catching their own rebound and handing the ball to the next person.
>
> **1-3**   **Warm-up** - Rally Wall 1-5. Work on Cardio by using a beanbag. Explain that now you have taken away the lower targets, making the game a little more difficult. Show that you get 5 points for above the line hits and a penalty of 1 point for hits below the line. Have them do relay race or individual game with beanbag.

4-3	**Cardio** - Knock the Lights Out. Use balls or beanbags in a relay format. Each target scores 5 points and 3 targets will always be available.
4-1	**Cardio** - Knock the Lights Out. Game is over when all 7 targets are knocked out. This is a good game to incorporate numbers, colors and shapes. Demonstrate a simple math equation activity using beanbags. Shout a simple equation, "5 minus 3 equals..." and the players must find the answer and throw the beanbag at the appropriate number.
3-1	**Cardio/Skill** - Chase the Target. A block of targets will be selected and points can be scored by hitting anywhere within that block. Also includes the time element where the targets get smaller and fewer points are scored if the targets are not hit quickly. Use the playground ball and have a relay where the next person in line catches the rebound and then tosses the ball.
3-2	**Sensory Perception** - Chase the Target. One random moving target which makes the game more difficult. Use hands and feet and work on hand/eye coordination. Have players "cross-over" by using left hand/foot on right side targets and right hand/foot on left side targets. This incorporates focus and sensory integration.
3-2	**Core** - Chase the Target. Have each individual chase a single target using a noodle, standing on a bosu. This is a good stress reliever and is very fun to play.
1-3	**Core** - Rally Wall. Have each individual lie down in front of station and perform sit-ups with a medicine ball. Throw the medicine ball above the white line at the top of the sit-up.
4-2	**Skill** - Knock the Lights Out. Adds accuracy to the game. Same as game 4-1 except now there is a penalty for misses. Make this a group exercise where each team can sit down when their station is complete. The group wins when each team has knocked out all of their targets with their playground ball.
3-4	**Skill** - Chase the Target. Throw playground ball at the target, points will be lost for hits below the white line. This game is great for learning to react quickly to the next target.
2-1	**Cool-Down** - Play Tune. A block of targets will be selected and players must use rhythm and concentration to make the tune play smoothly using a medicine ball. The tune, Twinkle Twinkle, starts over if there is a mistake made.
2-3	**Cool-Down** - Play Tune. One target is selected and moves in a figure-eight pattern. Use a noodle or hands and concentrate on rhythm. This is a good cool down activity.

Other Fitness Activity Suggestions:

Fitness is FUN with Sportwall. Use medicine balls, speed ladders, bosu balls. Demonstrate sit-ups, cardio, core strength, plyometrics, and speed/agility.

4-1	Set up cones with noodles lying on top to demonstrate how to run hurdles.
1-3	For strength and cardio use a medicine ball to perform chest passes above the white line to see how many points players can get.
3-2	Have players stand on a bosu ball and use hands to chase the target. Instruct players to squat for the lower targets to get a great lower body workout and to work the core.
1-3	Have players perform sit-ups against the wall or on a stability ball, making sure to hit above the white line for a great abdominal workout.

1-1   Perform walking lunges up to station to hit any target and strengthen lower body.

7. Sports Activities

Sportwall XerPro and XerTrainer are excellent for sports including baseball, football, basketball, volleyball, soccer, tennis, hockey, lacrosse and more.

1-3   Have players dribble to station, make a 2 footed jump stop and chest pass anywhere above the white line.

3-2   Throw a baseball at the single target and retrieve the ball and pass again. This is great for increasing accuracy in baseball.

4-3   Knock the lights out by hitting a tennis ball, 3 lights will always be on. This demonstrates concentration and coordination in tennis.

1-3   Players stand in front of station and use a volleyball bump pass to hit anywhere about the white line. Concentrate on keeping the ball in the air.

8. Individual Training

Sportwall XerPro and XerTrainer can also be used in individual mode for one person to work on strength and cardio workouts or for unsupervised activities for teens. Personal training clients will see the XerPro and XerTrainer as a nice break in their training session and something that puts a smile on their face.

Have the participants use the Individual Workout Posters on the wall to set up and complete an individual program. Then show them the additional workouts located in the manual and have them set up their own templates.

Here are some additional games to show them for individual/personal training games.

3-2   Chase The Target. Have trainers stand on bosu balls and chase the target with hands only, using a squat in proper form to hit the lower lights.

4-1   Have trainers perform lunges from 5' line to station and hit wall with hand and then lunge back to starting line. Continue for designated time frame.

1-1   Perform push-ups in front of the training station and hit the wall with your hand between each push-up.

3-2   Hold 2-lb power balls and chase the target in a punching motion to increase upper body strength and endurance.

1-3   Perform sit-ups in front of wall (can also be done on stability ball) and throw a chest pass above white line at crest of sit-up.

1-1   Stand with back to the wall and use a medicine ball to do rotations at the waist to work obliques and constantly hit the wall for a designated time.

4-4   Stand on a bosu with a medicine ball and toss the ball to the station to knock the lights out. This activity will increase core strength and balance.

Show participants how to use the individual work-out posters. These activities can be used for unsupervised play on the XerPro and XerTrainer.

9. XerPro and XerTrainer Settings

Voice Instruction

- Demonstrate how to turn ON the "voice instruction". While the game is set to "zero", push the blue volume button until you hear an audible beep. The games will now be introduced.

- Demonstrate how to turn the "voice instruction" OFF. With the game set to "zero", push the volume button until you have reached the loudest beep. Then push the button once more and the "voice instruction" will be OFF.

Auto Reset

- For Auto-Reset, set the system to 0-3. When a game ends the score will stay posted until the instructor pushes the "red button".

- Set the system to 0-4. When the game ends the score will stay posted for 8 seconds and then will reset to zero. Now the same game is ready to be started again (first shot starts the game).

Sleep Mode

- Demonstrate how the system will "go to sleep" when the system is set to 0-1 or 0-2. The Remote Display Box will show a dash and all displays will be blank.

- 0-2 — The system will auto start with the first shot.

- 0-1 — The system will not start until the remote control is pushed.

Chapter 3
Frequently Asked Questions
XerTrainer & XerPro

1. **Q:** Can you play different games on each station at the same time?

   A: You can use different equipment and activities on each station even though the same game and level will be used on each. Game 1-1 can be played with kicking a soccer ball on Station One, with throwing beanbags on Station Two etc.

2. **Q:** Can you make just the bottom targets light up? Or what games should I use for the shorter or younger kids?

   A: Our engineers are creating software that will use the bottom targets only. Until that software change happens, the best choice for shorter players is to use RallyWall, Chase-level one, or Play Tune-level one (the middle target is the highest they will have to use)

3. **Q:** Do the numbers mean that the target will score that many points?

   A: No. The numbers are used for Brain-Games and number recognition. Each game will score the targets from 5 points on down, depending on game and level.

4. **Q:** What faults or errors can be encountered with these systems?

   A: The systems have electronic components that may need replacing over time. All components are easily replaceable so _it is critical to have an appointed technical contact for our support staff to work with_. Our Training Staff and installers will train appointed On-Site Technicians. Exercise Technology is available by phone Monday through Friday from 9am to 4pm (PST) for technical assistance.

5. **Q:** Can we use real baseballs?

   A: Official baseballs do not rebound well and can cause damage if used for long periods of time. We recommend using any type of practice baseball which are lighter and provide a better return and less wear on your walls.

6. **Q:** Can we use real lacrosse balls?

   A: The systems are very durable but official lacrosse balls will make small dents on the exterior if thrown with force over time. We recommend using practice lacrosse balls for a better return and less wear on your stations.

7. **Q:** We share a gym with other programs. How can we make it so systems cannot be powered up and used by other people?

   A: You can (1) Remove the power cord and store it where it cannot be reached, or (2) Shut down the circuit breaker that powers the outlet for your Sportwall.

8. **Q:** Do I have to hit exactly on the target to make it go out?

   A: The targets work by vibration signals and that depends on the size of the ball and how hard it hits the station. The average range for successfully scoring with a target is to hit anywhere within the colored circle for the blue stations or anywhere within the white circle for the silver stations.

9. Q: Will the remote control battery go out if I use it a lot?

A: The remote control usually wears out before the battery. As long as the red light comes on when a button is pushed, the battery is fine.

10. Q: What happens if we lose our remote control?

A: Exercise Technology can provide replacement remotes and instructions on how to program them. Until then, you can always use the remote game box mounted on the wall.

11. Q: How far away can I use the remote control?

A: The average range is at least 50 feet.

12. Q: I don't want kids using the remote box…what can I do with the remote game box so they won't be able to start games?

A: Lock the remote game box using the key provided with your wireless remote control.

13. Q: Can I leave my XerPro or XerTrainer on overnight?

A: Yes – but see information on "User Settings" below.

14. Q: What kind of balls or equipment can I use on the Sportwall XerPro and XerTrainer?

A: A list of approved equipment is provided in the Instructor manual. Basically, any air filled ball up to 2lbs of weight, and no official baseball or lacrosse balls. Use rubber practice balls.

15. Q: Can I turn the sound off?

A: You can set the system to "mute" for completely silent play. See information on "User Settings" below.

16. Q: How many kids can play at one time?

A: We recommend a maximum of 8 players on each station for maximum benefit to each player. Groups larger than 8 can certainly have fun playing even though there will be more downtime between player turns.

17. Q: How do I clean the panels to get the scuff marks off?

A: XerPro and XerTrainer are action based so it is normal to have scuff marks or lines appear after use. Most can be removed with a soft cloth and glass cleaner.

18. Q: What if I kick the target lens and it breaks?

A: The lenses are made from polycarbonate plastic and can withstand a hammer blow; they will not break from general use. The bottom lenses can become scuffed from shoe marks and you can order replacement lenses by calling customer service.

19. Q: How high can the score go?

A: The score is only limited by digit spaces on the display, which are three spaces. Once the score reaches '999' it will start again at '0'. If the score turns over, you can always add 999 to the final score.

20. Q: Can I tape things on the panels without ruining the paint?

A: We recommend using Velcro pieces on the back of the material you wish to attach to

the panels. Place a piece on the wall and the attaching side to the material.

21. Q: I am worried about kids running into the walls when it is under the basketball hoop...will it be safe?

 A: XerPro and XerTrainer are solid walls filled with sand. Running into a station will be the same as running into the regular wall that is under the hoop. Common sense must be used.

22. Q: What can I do if I lose my manual or want more copies?

 A: You have the option to purchase manuals from Exercise Technology or request a free digital copy. Please call 800.900.8542

23. Q: Who do I call if I have questions about my XerPro or XerTrainer?

 A: 1.800.900.8542 x116 for technical assistance. For all other questions dial '0' from 9am to 5pm, Pacific Standard Time.

24. Q: Can adults have fun on XerPro and XerTrainer too?

 A: Absolutely, it is fun and beneficial to anyone from 1 to 100! We say these systems are for the "kid in all of us'.

25. Q: How do I turn the voice instruction on and off?

 A: Simply go to User Settings at Game '0' and press the blue volume button until you reach "mute" (no beep).

26. Q: How do I put it into sleep mode?

 A: Press the red button on your remote until the game is '0', then press the yellow level button until the level is '1'. Now your system is in Sleep mode until you press your red game button again. See information on "User Settings" below.

27. Q: How many games can we play on Sportwall XerPro and XerTrainer?

 A: There is an unlimited amount of activities. By using the 4 main game suites and the different levels, you can create a combination that will challenge any age or skill.

28. Q: Does the change in level make the game harder?

 A: The level changes the target size; points scored; and can add penalties for misses. The games and levels are all listed in the Instructor manual.

29. Q: What should be done if "Fun" isn't displayed when the system is powered on?

 A: **User Settings** should be set to "Attract" mode. User Settings are found in Game 0, and the settings are as follow: (Read as "Game – Level," i.e., 0-1 is Game 0, Level 1)

 1-1 Places system in complete manual mode where panel display boards are blank and the Master Box shows a single dash (-). In this setting, Players need to restart games once completed.

 1-2 Places system in complete manual mode where panel display boards are blank and the Master Box shows a single dash (-). In this setting, the last game resets once play is completed.

 1-3 Places system in complete **"Attract"** mode where panel display boards and the Master Box read "FUN." In this setting, Players need to restart games once

completed.

1-4 Places system in complete **"Attract"** mode where panel display boards and the Master Box read "FUN." In this setting, the last game resets once play is complete.

30. Q: What are the jacks on the side of Master Box for?

A: There is one jack for a microphone and one for an IPod or MP3 Player. (If a wireless microphone is used, a switch on the circuit board inside the Master Box needs to set. Please call (800) 900-8542 for further instruction.)

Using an IPod or MP3 only requires that overhead or external speaker volume is appropriately adjusted. Please set Voice volume to mid level and set IPod or MP3 to mid level volume as well. From that point, as you increase volume on Game System, the volume of the music source will also increase.

31. Q: How do I adjust volume settings?

A: **XerTrainer** systems have Panel (internal) speakers and Overhead (External) speakers. Panel Speakers provide audio for beeps and tunes when targets are struck. Volume control for the Panel Speakers is located in any Game or Level 1-1 through 4-4. There are four settings for Panel Speakers. Overhead Speaker volume is adjusted in User Settings, Game 0, at any level, for which there are eight settings, the lowest being Mute.

XerPro systems only have External (Overhead) Speakers. All sounds are from these speakers and the eight level Volume Settings are controlled in either User Settings or in Games.

For technical service support call:

Exercise Technology Inc

1-800-900-8542 x 116

TechnicalService@XerGames.com